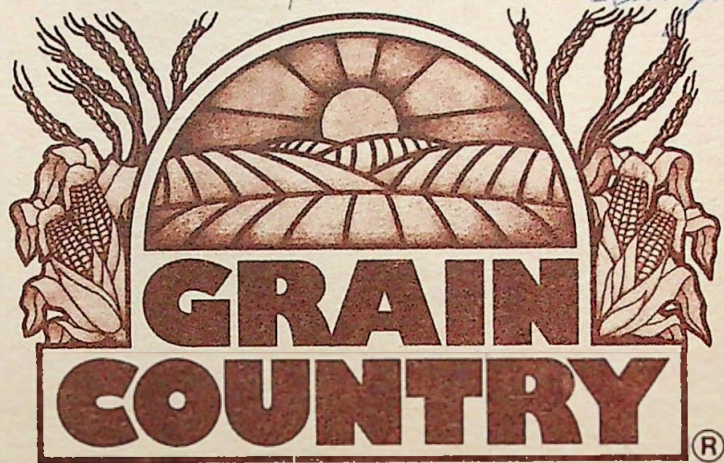


*Return to → Gladys B. Simes*



PRESENTS

# The WONDERFUL WORLD of SPROUTING



# **The WONDERFUL WORLD of SPROUTING**

ILLUSTRATED by

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Published by Food Science, Inc.  
95 No. 2nd East  
American Fork, Utah 84003

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*First printing in 1975 in the United States of America.*



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# INTRODUCTION TO SPROUTING

*If you are a bit of an adventurer and you are striving to improve the quality of your life, then you are the perfect candidate for the following facinating step into the incredible world of sprouting.*

Sprouting can be a key to unlock that elusive door to increased nutrition, a ready supply of *fresh* food, and financial savings.

Nutritionally speaking, sprouted seeds provide the largest relative amounts of nutrients per amount consumed than any other food source. Seeds will increase — in varying amounts, of course, depending upon the seed — in vitamins, minerals, amino acids and proteins from 30-600 percent. This marvelous 'happening' is due to the sprouting process. A seed is a piece of suspended life, and if eaten at this stage can only release, in nutrients, a small amount of its potential. But when the growing process begins through sprouting a wealth of nutrients are released to aid in its growth. It is at this point that it will contain its ultimate level of nutritives.

For most people to store fresh vegetables for more than a week is impossible. This means weekly trips to the market for these items. But you know, there may come a time when the 'cupboard will be bare', so to speak; when there will be no fresh vegetables to be bought at any price. In the summer this can be remedied by planting, and raising a garden, but what about in winter? Well, there is one solution to this dilemma, and that is sprouting. Dry sprouting seeds can be stored indefinitely, thus solving the problem of procurement in times of economic upheaval. And when you store seeds (legumes and grains), fresh food is just a few days away and all it takes is just a little ambition and water. Not very expensive, huh?

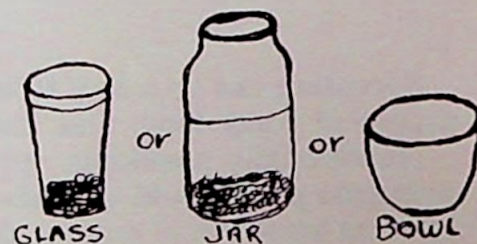


Anyone, no matter what economic situation they're in, can sprout seeds; for not only is it simple but very inexpensive. The only cost involved is the seeds. And when you take into consideration how much they increase in volume when sprouted, even if the seed itself may seem a little dear you can still save money. For instance, one pound of alfalfa seed — cost: under two dollars — when sprouted and used in place of lettuce in salads or on sandwiches, can replace about \$20.00 worth of lettuce. Quite a savings, huh?

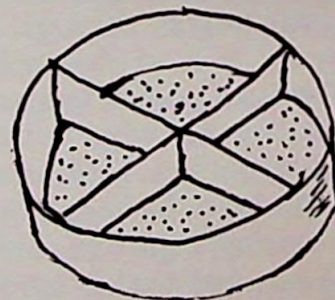
It has been reported that a man was able to feed his family of seven on sprouts during a six month period of financial difficulty and his financial outlay for food during that time was only \$52.00, that works out to be about 1½¢ per meal; and he claimed that his family was healthier and happier because of it. Of course, this is an extreme example of the possibilities, but is added to prove a point. How about trying out something new and saving money in the process!

The following are just a few helpful hints about sprouting. Specific instructions for each seed are given in the next few pages.

1. Soak any seed eight hours to overnight. Be careful in the amount of seed you use, bearing in mind that the seed will swell and when sprouted will be as much as 6-20 times larger than the dry seed. (Specific suggested amounts are given for each seed under the section — GENERAL INSTRUCTIONS ON SPROUTING.



2. Pour the soaked seeds into the sprouting tray. The secret to sprouting is to wash the seeds periodically and often enough to prevent them from souring. To do this in the perforated-bottom-type of tray you either swish the tray up and down in a pan of lukewarm water or run water over the top of the seeds. By pressing the fingers to the edge of the tray at the bottom to break the water tension, you can allow the water to drain thoroughly.







3. Cover the tray with a wet, warm cloth and set the tray in a warm, relatively dark place out of a draft.
4. The seeds need to be washed three to five times a day. Different seeds will need differing amounts of rinsing. Alfalfa, for example, should be rinsed every 6-8 hours, Soybeans should be rinsed every 4-6 hours. As mentioned above, the rinsing process is important because sprouting seeds release enzymes that can cause a bitter taste.

5. When your sprouts are the desired size, rinse them in cold water and store them in the refrigerator. The cold of the frig will stop the growth process and lock in all that goodness. Of course, it is recommended that you do not store the sprouts very long but eat them while they are fresh. However, some sprouts can be stored in the refrigerator for up to a week if they are removed and rinsed daily in cold water. Storing in plastic bags can be done but the sprouts have a tendency to sour more quickly when stored in this manner. The best way is to store them in the tray in which they were sprouted with the drainage tray used as a lid, or with a damp cloth covering them.
6. Be sure that your sprouting utensil is thoroughly cleaned before and after use. The easiest way to clean the perforated-bottom-type tray is with an old tooth brush that has been boiled to disinfect it. With a little, good dish detergent, scrub the tray thoroughly inside and out to remove any pieces of sprouts and residue that remain. Then rinse thoroughly with clear hot water.

Contained in this book are a myriad of recipes for using the sprouts. Browse through them and pick out some that you think sound good and then try them. You will find that not only do they sound good but they are delicious; and it will not be long before you have picked favorites that will be a part of your weekly menu planning. And while you are having all this fun you will receive more nutritious meals at such a financial savings that you might even feel just a little pang of guilt. After all, haven't we been told that anything that's fun and good for us has to be expensive!

**READ ON!!**

# GENERAL INSTRUCTIONS FOR SPROUTING

*In the following few pages we shall spotlight each seed in turn and give specific instructions on sprouting and handling.*

## — TRITICALE —

Triticale has been heralded as the 'new man-made miracle grain' by a widely circulated paper, because of its high nutritional content and high yield per acre. In 1937 an effective method was developed for crossing wheat and rye genetically, with the resulting plant being partially fertile. According to Dr. Jenkins of the Jenkins Foundation, Salinas, California, since 1937 over 2000 varieties of triticale have been developed. Just a few of these varieties retain their fertility and ability to hold their genetic characteristics. The Golden Kernel 707 is one such variety. Analysis indicates at least 17% protein content with 18 amino acids present. Triticale flour makes excellent pastries as it has a mild, sweet taste and reacts much the same as white flour.

**SPROUTING:** Soak 1 - 1 1/2 c. over night in 3 c. very warm but not hot water. Place in sprouting tray and rinse thoroughly with warm water. Rinse every 4-6 hours until the sprout just becomes visible. Triticale sprouts may be used in place of wheat in any recipe calling for wheat sprouts.

**DRIED:** Triticale can be cracked and eaten as cereal or ground into flour and used in recipes where you would use wheat flour. Triticale flour makes superb pastries. It is very difficult to make bread using 100% triticale flour even though it is so high in protein because the protein does not glutenize like that of wheat. But bread can successfully be made using part triticale flour and part wheat flour, and the end result is a delicious, light bread.



## — ALFALFA & RADISH —

Long known as the "King of Sprouts," Alfalfa is probably the richest source of minerals and vitamins of any of the grain products. Alfalfa contains, for example, up to 10 times the mineral value of most grains. It is also an exceptionally rich source of Vitamin C and Chlorophyll. All of this nutrition is packed into one of the most delicious and easy to grow sprouts of them all. Alfalfa sprouts are delicious on tuna, egg, lunch meat and cheese sandwiches. They are great in omelets, potato salad, and green salads.

Since Radish is also a legume it would stand to reason that when sprouted it would provide much of the same nutrients as peas, soybeans, alfalfa, and beans. Radish sprouts have a very tangy flavor; and for flavoring a little goes a long way. A little radish sprouts in a salad adds the needed zip of flavor; or perhaps a pinch on a sandwich with some alfalfa sprouts.

*Sprouting:* Soak  $\frac{1}{4}$  cup of Alfalfa seed or  $\frac{1}{8}$  cup Radish seed in 2 cups very hot water overnight. In the morning place the seeds in the sprouting tray and rinse thoroughly with warm but not hot water. Place the lid under the tray to act as a drainage tray and cover the tray with a warm, damp cloth. Place the tray in a warm, dark place away from drafts. Rinse every 6-8 hours for four days. By this time the sprout should be from  $\frac{3}{4}$  to 1 inch long and have two little leaves just appearing. Place the tray uncovered in a window to get the sunlight so the little leaves can green-up. Since the tray will be uncovered during this time the sprouts will have to be rinsed more often to prevent their drying up. After about 8 hours in the sunlight (not direct sunlight) rinse the sprouts thoroughly in cold water and place the tray in the refrigerator, with the lid over or the lid under and a damp cloth over. They should be removed from the refrigerator daily and rinsed thoroughly in cold water. If the sprouts are stored in a plastic bag, then they should be rinsed twice daily.



Alfalfa sprouts



Radishes



Radish sprouts



# — WHEAT —

Wheat bread has been the mainstay of the diet of the human race for many, many centuries. Wheat is native to Greece and Southwestern Asia. There are many varieties of wheat but they can be classed into three basic groups, the Einkorn, Emmer and Bread wheat.

The Einkorn varieties make up the oldest group. It originated as a wild grain gathered by the people of Jarmo. Over 6000 years ago, cultivated einkorn was taken into Europe and was cultivated in Switzerland more than 5000 years ago by lake dwellers.

The kernels of the einkorn varieties were small and not easily extracted from the hulls.

On the other hand Emmer wheat varieties have larger kernels than do einkorn varieties. It has been speculated that a domestic variety of emmer wheat developed when goat grass cross bred with wild varieties of emmer wheat and produced a hardier and more easily cultivated strain than the wild variety. The commonest grain in Mesopotamia and in countries around the Mediterranean Sea before the time of Christ was emmer. From it developed Durum which has large, hard kernels that are easily thrashed. Perhaps you've seen the word 'Durum flour' on packages of noodles or spaghetti?

Bread wheat developed as einkorn and emmer were further domesticated. Its use spread through Europe.

Today the world raises over 10 billion bushels of wheat; enough wheat to fill a freight train that would stretch nearly twice around the world. Wheat is used for breads, pastries, all kinds of noodles, and cereals. Gluten is extracted from wheat flour and used as a meat substitute by many people.

A study done by the Department of Agriculture shows the varying amounts of Vitamin B in wheat and wheat products. White cake flour contained .03 mgs. per 100 grams of flour while all purpose flour contains .05. Whole wheat has .12 mgs. per 100 grams of wheat but sprouted wheat contains .40 which is a 133% difference from white cake flour.

Dr. C. W. Bailey of the University of Minnesota, a leading expert on wheat, says wheat, when sprout-



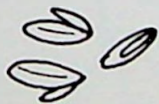
Wheat

ed, increases in Vitamin C 600% and the mineral and enzyme levels went up sharply, also.

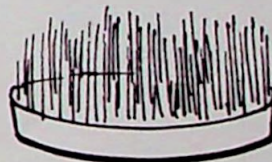
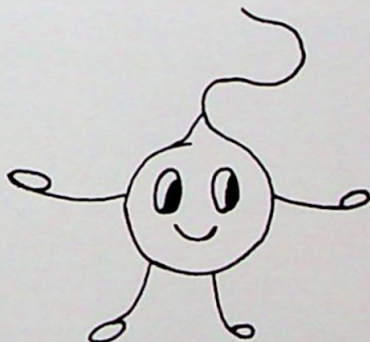
*Percent increase in B Vitamins when wheat is sprouted:*

<i>Niacin</i>	<i>Biotin</i>	<i>B<sub>1</sub></i>	<i>B<sub>2</sub></i>
Dry: 62	Dry: .17	Dry: 7	Dry: 1.3
Sprouted: 103	Sprouted: .36	Sprouted: 9	Sprouted: 5.4
Increase: 151%	Increase: 89%	Increase: 30%	Increase 315%
<i>Pantothenic Acid</i>	<i>Folic Acid</i>	<i>Pyridoxine</i>	
Dry: 7.6	Dry: 28	Dry: 2.6	
Sprouted: 12.6	Sprouted: 106	Sprouted: 4.6	
Increase: 65%	Increase: 279%	Increase: 80%	

(Feel like a million)



Wheat sprouts



Wheat grass

Wheat can also be sprouted and used in many delicious dishes.

**SPROUTING:** Soak 1 to 1½ c. wheat in about 3 c. very warm, but not hot, water for 6-8 hours or overnight. Place in sprouting tray and rinse thoroughly with warm water. Cover tray with warm, damp cloth and place tray in warm, relatively dark place away from drafts. Rinse every 6-8 hours until sprout just appears. Use in breads, casseroles and salads. If wheat grass is desired, plant the sprouts into a tray of soil and allow to grow into grass. At this stage the grass can be clipped and used in salads or on sandwiches. The grass will grow in again. It's just like mowing the lawn.

**DRIED:** Uses as mentioned above.



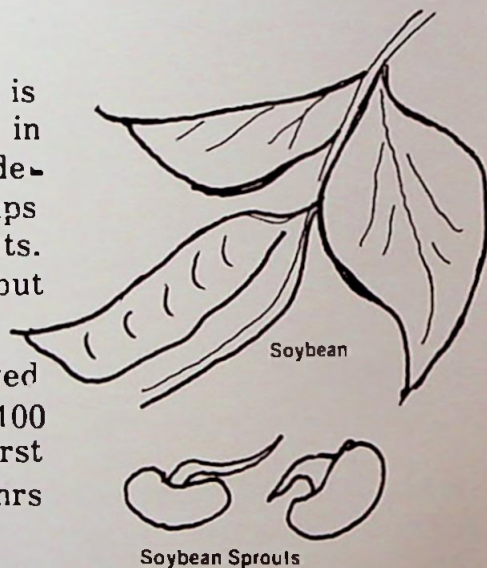
## — SOYBEANS —

Soybeans have been a staple in the diet of Chinese people since before 5000 BC. They used it to make medicines. Although the soybean has been grown in the United States for about 150 years, it has only been during the last few decades that they have been raised for the beans. For well over one hundred years it was raised for hay and silage. Then it was discovered that the bean of the plant had great nutritional value to humans. It was discovered that it had more protein than beef, more calcium than milk and more lecithin than eggs. Besides all of these things, soybeans are rich in vitamins, minerals and amino acids. When soybeans were first used in America in recent years, no one had dreamed of how many things would be made from them. Of course the most prevalent item extracted from soybeans is oil, which is used for cooking, making some brands of margarin, mayonnaise shortenings, paints, soap, lacquers and ink. Soybean meal is left after the oil has been extracted and this is used in feeds for pigs, cattle, chickens and other farm animals.

When soybeans are sprouted, much of the starch is turned into simple sugar. The protein content is increased from about 38% to about 48%. The fats decrease by almost half. The Vitamin C level jumps from zero to 100 mgs. per 100 grams of sprouts. The Vitamin B levels are increased considerably but in varying amounts.

At the University of Pennsylvania, a study showed that sprouted Soybeans went from 108 mgs. per 100 grams of sprouts in Vitamin C when the sprout first appeared to 705 mgs. when the sprouts were 72 hrs old. That's an increase of 553%!

*Sprouting:* Soak  $\frac{1}{2}$  to  $\frac{3}{4}$  cup dry soybeans in about 5 cups of very hot water overnight. In the morning place the soybeans in the sprouting tray and rinse thoroughly with warm but not hot water. Cover with a damp cloth and allow to sit in a warm, relatively dark place away from drafts. Rinse every 4-5 hours until the sprout is the desired length. This will take about 48 hours. Sprouting soybeans have a tendency to be quite odiferous, so if they smell strongly to you don't throw them out thinking they may have soured. If they are rinsed 5-6 times daily with warm water





they will not sour. When they are the desired size, rinse them in cold water and place the tray, with the drainage tray now used as a lid, in the refrigerator. They can be stored in plastic bags, but they have a tendency to sour quickly when stored in this manner. If you plan to store them for more than a day rinse them twice daily to prevent spoilage. The soybean sprouts can be cooked and then frozen for use later.

Soybean sprouts can be cooked and mashed and used as a base for baby food. They can be added to casseroles and stews, they can be added to salads, either raw, cooked or pickled. They can be used in chow meins and other oriental dishes and also in main dishes.

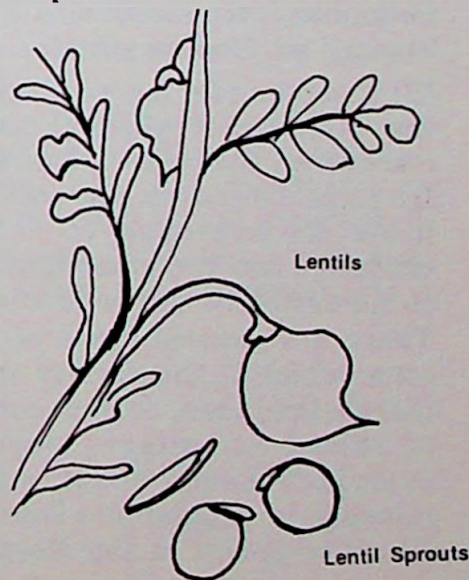
*Dried:* Dried soybeans can be ground into meal and flour. The flour can be added to cakes, breads, cookies, pancakes, etc. for added protein.

## — LENTILS —

Lentils were one of the very first cultivated food plants. In the Bible in Genesis it states that Esau sold his birthright for a mess of pottage. The pottage spoken of was lentils. Lentil seeds have been found in stone age dwellings. Lentils have not been a popular legume in America, but the French and Spanish cook the brown ones into soup and grind the yellow ones into flour. It is really unfortunate that lentils haven't come into their own in America as they are very delicious whether cooked whole from the dry state, ground into flour and used for soup, or sprouted and eaten raw or cooked.

Lentils have been a basic in the diet of Asians and Europeans for many, many centuries. People traveling on long journeys took lentils along because of their excellent storage qualities, and because they are very nutritious. Who knows, perhaps they even sprouted them in those days!

During the first World War, a British doctor used sprouted lentils and peas to rid British and Indian troops of scurvy. It stands to reason, that if the mineral, vitamin, and protein content would go up considerably in wheat when it is sprouted that the same elements would show an increase to be remarkable in lentils that are sprouted.



*Sprouting:* Soak  $\frac{1}{2}$  to  $\frac{3}{4}$  cups of dry lentils in about 4 cups of very hot water overnight. In the morning, place the sprouts in the sprouting tray and rinse thoroughly with warm but not hot water. Cover with a damp cloth and place in a warm, relatively dark place away from drafts and allow to sprout until the sprout is about as long as the seed. Rinse every 6-8 hours. When the sprout is the desired length, rinse with cold water and place in the refrigerator, either covering the tray with the drainage lid or with a damp cloth. The sprouts can be stored in a plastic bag or bowl with a lid on it but bear in mind that the sprouts will sour more quickly this way. If you are going to store them for more than one day, be sure to rinse them thoroughly daily.

Sprouted lentils can be used in many ways to make delicious dishes. There's nothing like a pot of sprouted lentils with ham bone.

*Dried:* Lentils can be ground into flour and the flour used in soups or even in bread dough.

## — CORN —

Corn is one of the most important grain crops in America. By now, everyone must know that the corn we eat now is a further development of the corn the Indians raised on this continent for several centuries. Columbus introduced it to Europe where they call it "maize" or "Indian corn."

While drilling for a core sample in Mexico City, before the building of a large complex, corn pollen was discovered that was laid down in a tar pit during the Ice Ages.<sup>7</sup> Of course, this pollen was from wild corn but it was the forerunner of our modern day corn. Many centuries ago the inhabitants of this continent began to domesticate this wild corn.

There are several kinds of corn. There's the sweet corn, which is the variety that we eat from the cob; there's field corn, or dent corn, which is the kind that is raised for silage; popcorn, which of course everybody knows about; soft or flour corn which is raised to be ground into flour and meal; and flint corn, which is grown in the Northern regions.





Between 60 & 70% of the corn that is raised in the U.S. today is grown in what is called the "corn belt" which runs through Ohio, Indiana, Illinois, Iowa, Minnesota, Nebraska, South Dakota, Missouri, and Kansas. At many universities and governmental experiment stations in many countries studies have been done on sprouted corn. Of course, most of the sprouts were fed to livestock and the results were nothing but astounding. They're weight gain was incredible. Disease and parasite infestation was considerably lower than in livestock fed just regular barnyard fare. On a mixture of sprouted grains and good silage the cattle grew larger, faster, with less fat and more good sound protein in their meat than cattle that were fed dry grains and silage. Now, it would seem, that if sprouted corn and other grains can do so much for animals, then humans ought to consider eating them, also. After all, why should the animals get all the delicious, nutritious food while humans eat the lifeless junk foods.

*Sprouting:* Soak  $\frac{1}{2}$  to  $\frac{3}{4}$  cup dry corn in 4 cups of very hot water overnight. In the morning place the corn in the sprouting tray. Rinse thoroughly with warm, not hot, water and cover the tray with a damp cloth. Place in a warm, relatively dark place out of the way of drafts. Rinse every 6-8 hours until the sprout just appears. Corn has it's best flavor when sprouted at this stage. If the sprout gets too long it acquires a rather bitter taste.

Sprouted corn can be cooked and mashed and used in a tamale recipe; or in a casserole. Or they can be cooked, buttered and seasoned and eaten the way they are. Of course, if the kernels are dried while they are young and tender, then the sprouted corn will taste very much like sweet corn of the cob; but if the corn is allowed to mature and then dry (this is the only way it can be ground into flour) then the sprouts will taste very much like mature corn on the cob.

Check under the wheat and soybean sections for the documented changes that take place in the nutritional content of the seed when it is sprouted. If these changes take place in these two seeds in **such** astounding proportions then it is reasonable to assume that an increase of nutrients will take place when the corn kernel is sprouted.

*Dried:* Dried corn can be ground into flour or meal and used in breads, cornbread, Mexican dishes, etc. Corn flour can be mixed with *cold* water and simmered into a delicious corn chowder.

## — MUNGBEANS —

Long the favorite of Oriental people, Mung Bean sprouts have been eaten by millions of Americans, yet most of these people have been unaware of what they were eating. If you've ever eaten chow mein or ham fried rice in a quality restaurant, you've eaten mung bean sprouts! These delicious sprouts can be eaten raw anytime, used in salads, soups, most all oriental dishes, or in main dishes and casseroles. And they're so easy to grow.

It is reported that the Emperor of China, about 4000 years ago, wrote a book on sprouting and their wonderful, "magical" qualities.<sup>7</sup>

Dr. Beeskow, Michigan Agricultural Experiment Station says the Vitamin C content of mung beans is about 30 mg. per 100 gms. of sprouts at 50 hours but it drops considerably thereafter.

Dr. Chattopadhyay and associates of Calcutta, after doing quite extensive research on sprouted grains and legumes versus dry, found that choline increases in mung beans when they are sprouted. Choline is a lipotropic agent. That means, it helps to keep the fats in the blood at proper levels. Dry mung beans contain about 205 mg. per 100 grams of beans; but after they have sprouted for four days the choline increases to 250 mg.<sup>7</sup> That's a 27% increase!

The protein content of mung beans increases from 16.5% to about 18.5% after six sprouting days. It was also noted that the sprouting process seemed to change much of the protein into the basic building blocks, amino acids.

In almost all of the legumes the fat content went down considerably after they were sprouted.

*Sprouting:* Soak about  $\frac{1}{4}$  cup dry mung beans in about 3 cups very hot water overnight. In the morning place the seeds in the sprouting tray using the lid as a drainage tray for underneath. Rinse them with warm but not hot water. Place a large



Mung Bean Sprouts



plate over the seeds so that it lays right on them. Now place a warm, damp cloth over the top of the tray and place the tray in a warm, dark place out of the way of drafts. Rinse every 6-8 hours and repeat the above procedure with the plate and the damp cloth, etc. In about four days the sprouts will be long and you will be able to see the tiny leaves just begin to come out of the bean. Do not allow them to grow any longer than this as they are not a sprout after this but a plant. At this time rinse the hulls off (or leave them on and eat them, thus adding roughage to the diet) and place in the tray and store in the refrigerator. They can be stored in a plastic bag but should be rinsed twice daily if stored longer than one day. This rinsing process is very important, as it helps to prolong the life of the sprout and helps to prevent souring or molding.

## — PEAS —

The name "peas" came from the Latin word "pisum" which was termed "pease" by the English and then shortened to peas.

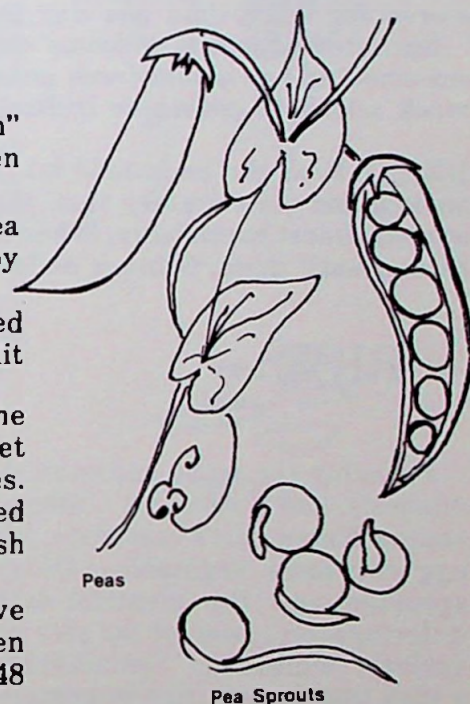
Peas have been around since pre-historic times. Pea fragments have been found in the Ancient City of Troy which was built during the Stone Age.<sup>1</sup>

The Greeks and Romans grew small peas and dried them before cooking. We do the same now. Our split pea is this same type.<sup>7</sup>

The Spanish transported the pea to Mexico while the French brought it to Canada. The modern day sweet pea and field peas are offshoots of these earlier types. Both sweet and field peas can be dried and stored indefinitely then sprouted and eaten for a fresh vegetable.

R.H.A. & V. Plummer found that dry peas have negligible Vitamin C; but after they have been sprouted for 24 hours there are about 8 mg., after 48 hours 69 mg. and after 96 hours 86 mg.<sup>4</sup>

Peas are a legume as are beans, and soybeans and alfalfa. These, sprouted and eaten with one of the grains, such as, wheat, triticale, rice, etc. compliment each other to make a complete protein. The amino acids that the grains are low in the legumes are high in.<sup>2</sup>



*Sprouting:* Soak  $\frac{1}{2}$  to  $\frac{3}{4}$  cup dried peas in about 4 cups very hot water overnight. In the morning, place them in the sprouting tray and rinse thoroughly with warm but not hot water. Place a damp cloth over the tray and place the tray in a warm, relatively dark place out of the way of drafts. Rinse the sprouts every 6-8 hours until the sprout is visible but not as long as the pea, then rinse them in cold water and place the tray in the refrigerator using the drainage tray which has been under the sprouting tray for a lid. The tray may also be covered with a damp cloth or the sprouts may be placed in a bowl with a lid or a plastic bag. It must be remembered that the sprouts need a little air circulation, so closing them in a bowl with a lid or sealing them in a plastic bag will make them sour more quickly. The coolness of the refrigerator will retard if not stop the growth of the sprout. Keep them cold until used. If they are stored for more than one day then rinse them thoroughly in cold water, daily.

Sprouted peas are delicious eaten raw, used in salads, casseroles, or cooked and seasoned as you would fresh peas. The sprouts can be cooked and mashed and the mush added to cookie or fruitcake type recipes for an interesting taste.

**DRIED:** Peas can be ground into flour and the flour added to COLD water until it is smooth and quite watery then placed on the stove and brought to a boil. It must be stirred almost continually. When it has reached a boil, turn to simmer and simmer and season until done. What a delicious, quick soup, and fresh.

## — RICE —

Probably the most important food stuff in the life of all Orientals, rice is rich in minerals, and B vitamins. Rice is relatively low in protein, but is still a good protein source. Eaten in its raw state, it can sustain a person with the help of a little milk or egg and some vegetables. Of course, after the hull has been removed it can be sprouted and the plentiful nutrients that are already in it mushrooms. But, unfortunately, most of the rice eaten in this country today is the lifeless processed variety, "white rice." Sprouted brown rice cooked together with sprouted beans make a dish that is very rich in protein. In fact, the benefit to you when you eat them in combination is about 45% greater than if they were eaten separately.

Rice has been around for thousands of years. In fact, it may date back to the Stone Age. It was primarily grown in Asia until it came to Europe in the 1500's. From there it came to America, about 1685. It is now grown primarily in Louisiana but a few other southern states raise some also. Rice plants grow to be about 4 feet tall and it is a



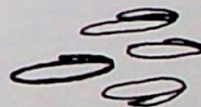
member of the grass family.' Wild rice is also popular in some parts of the country. Wild rice is a native of America. The Indians used to gather it from along the shores of swampy areas. It can be ground into a flour. I suppose there are still many Indian peoples that gather wild rice today.

*Sprouting:* Soak about  $\frac{1}{2}$  cup of *brown* rice in about 3 cups of very hot water overnight. In the morning place the seeds in the sprouting tray. Rinse very thoroughly with warm not hot water and place the lid to the sprouting tray under the tray to act as a drainage container. Cover the tray with a warm, damp cloth and place the tray in a warm, dark place away from drafts. Rinse the sprouts every 6-8 hours until the sprout just appears. It is not advisable to allow the sprout to become longer than the seed itself, as the sprout may take on a bitter taste. Sprouted rice can be used to replace rice in any recipe calling for rice.

*Dried:* Rice can be ground into flour and this flour used in cakes and other pastries. In fact a combination of rice and oat flour can replace wheat flour in recipes for those that are allergic to wheat.



Rice



Rice Sprouts

## — BEANS —

There are of course many different types of beans. There are the dry bean that is allowed to mature in the pod and then removed from the hull, and the green or wax bean which is eaten when the hull or pod is young and tender. Of red chili, kidney, white, lima, garbanzo, pinto, etc., all are rich in protein and minerals. But there is only one drawback to eating them from their dry state, they seem to form a lot of gas in the

intestines thus living up the phrase, 'eat and gas up!' Well, there's a way to make these beans more nutritious, more delicious and "gas free"! All of the things can be accomplished with just one procedure, *sprouting*.

Beans have been around so long that it's hard to determine just who had them first; but this much is known, they started in a wild state and then were domesticated.

Broad bean seeds were carried from Asia as long ago as the New Stone Age. These broad beans were then transported to the Americas with the advent of the first pilgrims and were grown quite a bit then. They are rarely grown now-a-days.<sup>7</sup>

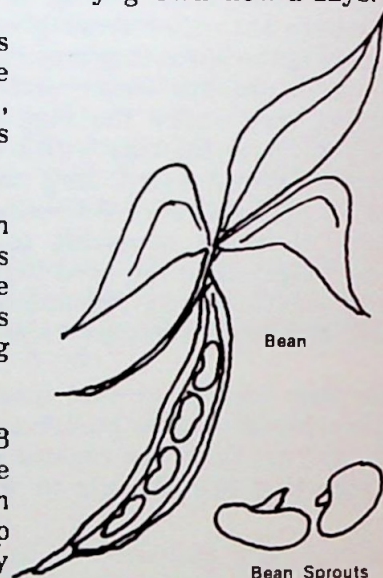
The Indians were growing two main types of beans when the Pilgrims landed. The settlers began to raise them and dried beans were carried by trappers, survey parties, pioneers, and soldiers on long treks as a staple in their diet.

Like other legumes the vitamin, mineral, and protein levels increase dramatically when the bean is sprouted. The protein is changed into the simple building blocks for the body, amino acids. The starches are converted to simple sugars during the sprouting process.

*Sprouting:* Soak about  $\frac{1}{2}$  cup of dry beans in about 3 cups hot water overnight. In the morning place the seeds in the sprouting tray and rinse thoroughly with warm but not hot water. Place a warm, damp cloth over the tray and the drainage tray

underneath and place in a warm, dark place out of drafts. Rinse every 5-7 hours with warm water until the sprout is just visible. Cook like you would in any bean recipe, but for less time of course. There are many recipes in this book for using sprouted beans. Used in a dish with wheat or rice or any of the other grains, sprouted, you will produce a "complete protein" dish.

*Dried:* Dry beans can be ground into a flour and used to make instant soups or the flour can be added to casseroles, etc. Of course the best, and most nutritious way is to sprout the bean, then dry it and grind it to a flour consistency in your blender. This powder can be added to any dish for increased nutrition. It has been reported that when the sprout is dried and used in the above mentioned manner that it loses very little of its increased nutrition.





## — RYE —

Rye is one of the important grain crops raised in America today. It originated as a wild grass and its advent as a grain used by humans was unusual. It seems that farmers considered it a weed when it grew in their wheat fields several thousand years ago. But they began to harvest it with the wheat because in many places the ground was not fertile enough to support wheat but the rye grew fantastically. The farmers ate some of the rye kernels with the wheat and realized that it had a very distinctive and delicious flavor. Thus they began to cultivate it as a crop that could be grown where the soil conditions were not the best.

Since rye cross-pollinates in the open, it is virtually impossible to keep a pure strain. Wild grasses probably cross-pollinated to produce the fore-runner of modern-day rye.

It is reported that the protein in rye is an excellent source, tending to produce stronger muscle tissue.

*Sprouting:* Soak  $\frac{1}{2}$  -  $\frac{3}{4}$  cup seeds in very hot water overnight. In the morning place the seeds in the sprouting tray and rinse thoroughly with warm, not hot water. Place the lid under the tray to act as a drainage tray and place a warm, damp cloth over the tray. Place the tray in a warm, relatively dark place away from drafts. Rinse the sprouts every 6-8 hours until the sprout just appears. Now rinse them in



cold water and place the tray in the refrigerator. The sprouts can be stored in a plastic bag, but they have a tendency to sour more quickly this way. If the sprouts are stored in the refrigerator longer than one day they should be rinsed once a day in the tray or twice a day if stored in plastic bags. Use these sprouts in soups, casseroles, in porridge, breads, etc.

*Dried:* The rye grain can be ground into flour and the flour used in breads, and pastries. No doubt, anyone who has reached the age of 25 has not done so without eating a "ham and swiss cheese on rye."

## — MILLET —

About  $\frac{1}{3}$  of the world's population depends on millet for food, either for feed for livestock or for flour for human consumption. India alone, plants nearly 40 million areas of millet.

There are, of course, several different kinds of millet. Some are grown for animal feed, some for bird seed, but most is grown for humans. Proso or bread millet is this variety. Millet was, and may still be, considered sacred in some parts of China over 4500 years ago.<sup>7</sup> Millet is still an important crop in Russia, Japan, China, India, and other Southeast Asian countries. Millet is a member of the grass family.

One cup of millet provides nine grams of usable protein, and is high in tryptophane, an amino acid. Millet is rich in calcium and lecithin.<sup>10</sup> It makes a delicious, different tasting hot breakfast cereal. Millet can be added to recipes as you would add sunflower or sesame seeds. Millet can be ground into flour and the flour used in breads, cakes and other pastries. Of course the only kind of millet that will sprout is that with the hull still on.


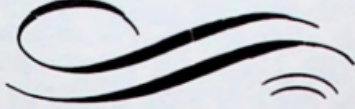


***Sprouting:*** Soak about  $\frac{1}{2}$  cup in 3 cups of very hot water overnight. In the morning place the seeds in the sprouting tray. Rinse with warm not hot water. Place the lid under the tray to act as a drainage tray. Cover the tray with a damp, warm cloth. Place the tray in a warm, relatively dark place away from drafts. Rinse the sprouts every 6-8 hours until the sprout is about twice as long as the seed. Rinse in cold water and place the tray in the refrigerator. The sprouts can be placed in a plastic bag; but if they are to be stored more than one day they should be washed twice daily to prevent souring. Use the sprouts in salads, soups, casseroles and other main dishes. Of course the sprouts can be dried and then ground into a powder in the blender, and this powder added to bread dough, cake batter, etc. for added nutrition.

***Dried:*** The whole millet seeds can be cooked into a delicious porridge or ground into flour for breads, cakes and other pastries.



# MAIN DISHES



## CHOW MEIN

- 1½ C. small cubed raw meat (chicken, beef, pork)
- 3 C. boullion (beef if beef is used, chicken if pork or chicken is used)
- 3 Tbs. soy sauce
- 1 tsp. salt
- 4 small fresh green onions, chopped
- 2 medium carrots, diced
- 4 large sticks celery, sliced on angle about ¼ inch thick
- 1½ C. mung bean sprouts
- 1 4-oz. can mushrooms or 8 small to medium fresh mushrooms, sliced
- 1 6-oz. can water chestnuts, sliced
- 1 6-oz. can sliced bamboo shoots
- ½ C. water, cold
- 1-2 Tbs. cornstarch
- ½ tsp. pepper
- 2 Tbs. oil

In large frying pan or wok on medium-high heat place oil and 2 Tbs.

soy sauce and when hot add meat and sautee until done. Add 3 C. boullion and then add vegetables and salt and pepper. Stir around and when thoroughly mixed, cover and cook for 6-7 minutes. Vegetables will still be crunchy. Stir the cornstarch into the water until dissolved and then thicken the juice in the chow mein with it. Cook while stirring about 2 minutes and serve over Chinese noodles or cooked brown rice. Serves 5-6 adults.

## SPROUTED WHITE BEANS

Into a large pot, such as a Dutch oven or 4-6 cup kettle, pour 1½ to 2 cups sprouted white beans. Add 1-1½ cups cubed ham pieces. Sautee one onion, finely chopped, in about 5 Tbs. butter and add to pot. Add about 2 Tbs. salt and ½ tsp. pepper and stir well. Bring to boil, then simmer on back of stove for about 1 hour. For a variation, diced carrots and about ¼ C. radish sprouts may be added.

## SPROUT STEW

- 3/4 lb. diced beef
- 2 Tbs. oil
- 1 large onion, cut in large sections
- 2 large carrots
- 3-4 medium potatoes
- 1 C. corn sprouts
- 1 C. lentil sprouts
- 4-5 C. beef bouillon
- Salt and pepper to taste
- 1/4 tsp. oregano
- 1 bay leaf

Brown meat in oil then add bouillon and then all other ingredients and simmer for about one hour or until all vegetables are tender.

## BAKED CHICKEN WITH SPROUTS

- 1 cut up frying chicken
- 3 C. lentil sprouts
- 1 C. cheddar cheese, grated
- 1 C. sour cream
- 3/4 C. rolled triticale flakes
- 2 Tbs. butter
- 1 can mushroom soup

Place sprouts in bottom of large casserole dish and lay the chicken over them. Mix the soup, sour cream and pour over the chicken. Toast the triticale flakes in the butter and sprinkle over the top. Bake at 350° covered for 1 1/2 hour. Sprinkle grated cheese over and return to the oven until the cheese is melted.

## HARVEST WHEAT CASSEROLE

- 1/2 onion, chopped
- 1 Tbs. oil
- 1 1/2 C. diced roast beef or pork
- 1 C. sprouted wheat
- 1 C. beef broth
- 1 C. canned tomatoes
- 1 Tbs. chili powder
- Salt and pepper to taste
- 1 Tbs. flour in cold water to thicken sauce

Brown onion with meat. Add sprouts, broth, tomatoes, chili powder, salt and pepper. Simmer about 30 min. Add flour to water and thicken sauce. Pour over hot cooked brown rice or noodles.

## BEAN SPROUT STUFFED PEPPERS

- 6 green peppers, centers removed and seeded
- 3 C. sprouted red, pinto, or white beans, cooked and mashed
- 3-4 small tomatoes, skinned, mashed
- 3 stalks celery, chopped
- 1 small onion, chopped
- Broth from beans as needed
- 2 tsp. dry parsley flakes
- 1 C. cheddar cheese, grated
- 1/2 tsp. crushed basil
- salt and pepper to taste

Sautee the onion and celery together in about 1 Tbs. olive oil. Add mashed beans, tomatoes, basil, parsley flakes  
(Con't.)

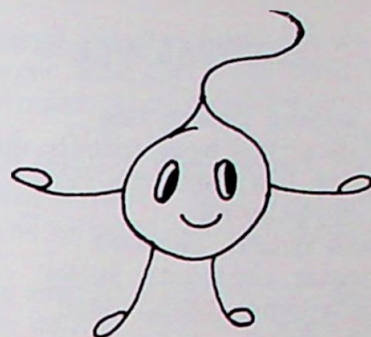


and salt and pepper to taste. Add enough liquid from the beans to make the mixture moist. Stir in  $\frac{2}{3}$  C. grated cheese and spoon into peppers. Bake at 400° for 30 minutes or until done. Place in a pan with a least 1 inch of water. Keep at least  $\frac{1}{2}$  inch in it at all times during baking. Five minutes before done sprinkle the remaining  $\frac{1}{3}$  C. grated cheese over. Just before serving sprinkle generously with alfalfa sprouts.

### RICE-BEAN CASSEROLE

3 C. beans, sprouted and cooked  
 1 tomato, peeled and chopped  
 1 medium onion, chopped  
 2 carrots, pared and coarse grated  
 3 tsp. basil leaves, dried, crushed  
 $\frac{1}{2}$  tsp. oregano, dried  
 2 $\frac{1}{2}$  C. cooked brown rice  
 2 $\frac{1}{2}$  - 3 tsp. salt or to taste  
 pepper to taste  
 3 Tbs. dried parsley flakes  
 $\frac{1}{4}$  C. chopped green pepper  
 1 stick celery, chopped  
 2 Tbs. olive oil  
 4 Tbs. butter  
 1 $\frac{1}{2}$  C. cheddar cheese, grated  
 Stock from cooked sprouts or rice

Sautee onions, tomatoes, celery and carrots in the olive oil until onions are transparent. Add the beans and rice. Stir. Add enough stock to make mixture moist but not too soggy. Add spices and herbs, to taste. Stir in



butter and cheese and heat until melted. Place in casserole dish. Cover and bake at 350° for 20 minutes. Sprinkle more grated cheese over the top and return to oven until the cheese melts. Serve with other vegetables.

### SPROUTED CHILI BEANS

4 C. red bean sprouts  
 $\frac{3}{4}$  lb. ground beef  
 1 medium onion, chopped  
 2 medium cloves garlic  
 1 $\frac{1}{2}$  tsp. chili powder or to taste  
 Salt to taste  
 3 medium tomatoes, peeled and  
 mashed

In large pan place the bean sprouts and tomato mush. In frying pan brown the hamburger and onion then pour off the excess grease and add to the sprout mixture. Cover sprout and meat mixture with water and stir. Add seasonings and mix well. Bring to a boil and then simmer for about one hour or until tender.

## ORIENTAL RICE

1½ C. cooked brown rice  
2 C. white or red bean sprouts, cooked  
1 C. mung bean sprouts, raw  
2 Tbs. soybean oil  
3-4 green onions, chopped  
1 can water chestnuts, sliced  
5-6 mushrooms, fresh, sliced  
1 carrot, diced  
¼ C. green pepper, coarsely chopped  
1 can bamboo shoots  
3 Tbs. soy sauce  
3-4 sticks celery, sliced at an angle  
1½ tsp. salt  
pepper to taste  
Stock from cooked bean sprouts or rice

In a Wok or large frying pan sautee in the oil and sauce, the onion first, then add the other vegetables and sautee until they are heated through. Quickly add the stock. About 2 C. Add salt and pepper. Cook the vegetables in the stock for about 5 minutes. Add the rice and beans. Stir and heat through. Serve immediately with other Oriental dishes.

## INDIAN DAHL WITH A TWIST

In a large pan simmer together:  
3 C. lentils, sprouted (sprouted mungbeans or peas may be used)  
1 ½ tsp. salt  
1/8 tsp. pepper

½ tsp. tumeric  
1/8 tsp. red pepper, ground.  
1 C. water

Sautee in 3-4 Tbs. butter:  
1 onion, chopped or sliced  
1 Tbs. chopped, fresh coriander  
About 1 tsp cummin seeds or ½ tsp. cummin seeds and ½ tsp. celery seeds.

When the sprout mixture is ready, (the sprouts are tender and the liquid is nearly absorbed) stir in the onion mixture. Serve with brown rice for a perfectly complimented meal. By combining grains and legumes you make a complete protien that can substitute for meat in this meal. It is a very inexpensive yet nutritious repast.

## SPROUTED HUMNUS bi TAHINA (CHIP-DIP)

2 C. Sprouted garbanzo beans  
5 Tbs. sesame butter (see below)  
Juice from two small lemons  
1 large clove garlic  
1 ½ tsp salt or to taste  
pepper to taste

Cook bean sprouts until tender in about ¾ C. water. (About 30 minutes) Allow to cool. Puree the garlic in the lemon juice. Add salt and most of the sprouts (reserve some for garnishing) and about ½ C. stock from the cooked sprouts. Puree. Then add the sesame

(Con't.)



butter and mix again. Place in a chip-dip server and garnish top with a few of the cooked sprouts and fresh parsley sprigs. Serve with bran or oat crackers for an appetizer.

## TAMALES

1 lb. hamburger, browned and crumbled with  
1/2 small onion, chopped  
1/2 medium green bell pepper, chopped  
1/8 - 1/4 tsp. chili powder  
2 C. pinto bean sprouts, cooked and mashed  
1/2 tsp. celery seed  
1/2 tsp. Oregano  
1/2 4 oz. can tomato paste of more  
2 1/2 C. cornmeal, fresh ground  
1/3 C. butter  
salt to taste  
1/4 tsp. pepper  
1 3/4 C. beef bullion  
enough corn husks for about 14 tamales

Bring about one quart of water to a boil and add the corn husks and then simmer for about 1 hour.

Cook the pinto bean sprouts in 1 C. water until they are quite tender. It's better if they are brought to a boil and then simmered for about 30-45 minutes. Add about 1/4 tsp. salt or salt to taste while cooking. Mash, adding only enough cooking juice to make a paste texture.

In a large frying pan, brown the hamburger with the onion until done and crumble the hamburger while cooking. Add the Chili powder, oregano, celery seed, green pepper and tomato paste. Stir and simmer until well blended and set from heat.

Stir the cornmeal and 1/2 tsp. salt into the beef bullion. This will work better if the bullion is cool. Bring to a boil stirring constantly and add the butter. Stir and cook until the butter is melted and well blended. This mixture should be quite thick.

ASSEMBLY: Trim the corn husks to a rectangle the size that you want. Spread them out on the counter and smooth until they lay flat. Spoon on and spread the cornmeal batter being careful to allow an uncovered edge all the way around, It's best to leave more room at the long ends. Remember the tamales have to be tied at these ends. Make the cornmeal batter about 1/4 inch thick. Then spoon on and spread the hamburger mixture and then the bean mixture. Or the hamburger and bean mixtures can be mixed together. Now roll the tamales carefully, making the long ends of the rectangle the ends to be tied. You, of course, do not want the corn husk inside the tamale. Just overlap the corn husk edge that you left and then tie the ends with tough string.

(Con't.)

Tamales are best cooked for about two hours in a steamer above the water; but if you do not have a steamer then a makeshift one can be assembled in your oven. In a large, deep pan place a wire rack and fill the pan with water to just below the bottom of the rack. Lay the tamales on the rack leaving just enough room between them for steam circulation. Cover the top of the pan securely either with a lid or aluminum foil. Bake at 375° for about 2 ½ hr. or until done. Make sure that the pan does not run out of water. If more water has to be added be sure it's boiling when it's added. This should make anywhere from 12-15 tamales, depending on how much filling is placed in each tamale and of course the size of the corn husks.

#### RUSSIAN BEAN DISH

- 2 ½ C. White beans, sprouted, (or red beans)
- 2 C. Ham, diced
- 3 medium potatoes, cut in small pieces
- 2 small or 1 large carrot, diced
- 3 canning apples, pared, and sliced in small wedges
- 2 fresh, firm pears, pared and sliced
- 1 ½ cups fresh sliced string beans or one can

In a large soup pot, place all of the ingredients and 2-3 C. water. Bring to boil and then simmer for about 30 minutes or until the vegetables and fruits are tender. Stir occasionally so as to prevent sitcking. And salt and

pepper to taste.

Of course this is not exactly the way the russians would fix it, but we feel that with the beans sprouts it will be more nutritrious.

#### KASHA CHOLENT WITH A TWIST

- 2 lbs. beef chunks
- 1 onion, chopped
- 1 C. cracked wheat, fine crack
- 2½ C. sprouted navy or kidney beans
- ¾ tsp. salt
- Pepper to taste
- 1 C. pearled barley
- 3 large potatoes, pared and cut in medium wedges
- 4 C. boiling water

Kasha is a dish that is simmered for a long time. In a large Dutch oven and at fairly high heat, brown the meat and the onions. Add the water and the pearled barley and cracked wheat. Add salt and pepper and simmer for about 1 hour, covered. Then add the potatoes and sprouts and more water if needed. Simmer on very low heat for several hours or overnight. This is a Jewish sabbath day dish. Of course, I've taken a few liberties.





## DEEP DISH VEGETABLE SPROUT PIE

1½ C. fresh ground whole wheat flour  
1 ½ C. fresh ground brown rice flour  
¾ C. soft butter  
about 3 Tbs. water

Sift the dry ingredients together and work the softened butter into them with a fork. Add enough water to gather the dough into a ball. Cut in half and roll one half of it to a little thicker crust than you would pie dough. Place in a deep baking dish and press evenly to the sides. Chill in the refrigerator for 2-3 hours and then bake the pie shell for about five minutes at 350° or until it is golden brown.

*Combine in a large bowl:*

½ C. sliced, fresh mushrooms  
1 medium zucchini, thin sliced  
1½ C. broccoli spears  
1 C. cabbage, shredded  
2 medium carrots, diced  
1 medium onion, chopped  
3 Tbs. parsley flakes  
1 tsp. basil leaves, crushed  
1 C. sprouted lentils, cooked  
½ C. mung bean sprouts  
½ C. soybean sprouts, cooked

Mix the vegetables together and pour into the pie-shell lined dish. In a pan make a sauce of 2 C. juice from the cooked sprouts, 3 Tbs. butter, and ¼ C. wheat sprout powder or whole

wheat flour. When it has thickened add ½ tsp. salt, ½ tsp. oregano and ¼ tsp. pepper. In a small dish, beat one egg. Spoon about ½ C. of the thickened sauce into the egg while stirring, then add this mixture to the rest of the sauce and stir until smooth. Pour this sauce over the vegetables and stir them slightly so as to evenly distribute the sauce.

Roll out the remaining pie dough. Place over the top of the dish. Scrimp the edges and cut 2-4 slices in the top. Bake at 350° for 45-55 minutes or until the crust is golden brown and the insides are bubbling.



# SIDE DISHES

## REFRIED BEAN SPROUTS

- 4 C. sprouted pinto beans, other bean sprouts can be substituted
- 1 C. water
- 1 small onion, chopped and sauteed
- 1 small clove garlic, minced and sauteed with onion
- 1 tsp. chili powder or to taste
- 1 tsp. salt
- $\frac{1}{4}$  tsp. pepper
- 1 large tomato, peeled and mashed

Sautee onion and garlic together and add to all other ingredients in a large pan and cook until sprouts are tender, about 1 hour on simmer. Mash by hand or put through meat grinder. Stir until smooth. Serve with other Mexican dishes or any main dish.

## HAM FRIED RICE

- 3 C. cooked brown rice
- 1 C. small diced ham
- 1-2 small green onions, chopped
- $\frac{1}{2}$  Tbs. soy sauce

- $\frac{1}{4}$  C. mung bean sprouts
- 1 large egg or 2 small
- $1\frac{1}{2}$  Tbs. oil
- $\frac{1}{4}$ - $\frac{1}{2}$  C. water

In frying pan on medium-high heat place oil and when hot add rice and soy sauce and sautee rice until slightly browned. Add water and most of the chopped onion and cook until most of the moisture has dissipated stirring all the while. Add sprouts and egg and stir vigorously and continue cooking until the rice is fluffy and not soggy. Sprinkle remaining chopped onions over. Serves 4-5 adults.

## BAKED SPROUTED WHITE BEANS

Make sprouted white beans and cook until tender, then put about 3 cups of mixture into a large casserole dish, which has been greased well, and add  $\frac{1}{4}$  C. molasses and  $\frac{1}{4}$  C. brown sugar and 1 C. catsup. Stir well. Lay strips of uncooked bacon over the top and pour thin layer of catsup over this and bake for 1 hour at  $350^{\circ}$ .



## EGG FOO YUNG

8 eggs, beaten  
1 1/4 C. mung bean sprouts  
1 Tbs. and 1 tsp. whole wheat flour  
2 Tbs. soy sauce  
2 small green onions, chopped

Mix eggs and flour well. Add other ingredients and shape into patties and fry in hot oil like pancakes. Cover with gravy and simmer about 2 minutes. Sprinkle chopped onions over top when serving. Serves 5-6.

## BAKED BEAN SPROUTS

4 C. bean sprouts  
2 Tbs. honey  
3 tsp. molasses  
3 Tbs. vinegar  
Salt and pepper to taste  
1 medium onion, chopped  
1 C. tomato sauce

Mix all ingredients together well and spread slices of bacon over the top. Bake at 350° for 1 hour or until done.

## TASTY TACOS

### SHELLS:

2 C. corn flour  
1 1/8 tsp. salt  
1/2 C. + 1 Tbs. shortening  
1/4 C. + 2 Tbs. water

Mix corn flour and salt together. Cut in the shortening. Add enough water to make a fairly stiff dough. Roll about 1/4 C. dough between waxed paper and trim to a circle. Fry in hot greased fry pan until browned on both sides. Quickly fold in half over edge of a 1/4-1 inch deep cookie sheet and allow to harden. (Hold cookie sheet in vertical position)

### FILLING:

1 lb. hamburger, browned with  
1 small, chopped onion. Or half  
hamburger and half cooked, ground  
gluten.

### GARNISH:

Cheddar cheese, grated  
Alfalfa sprouts  
Tomato wedges  
Taco sauce

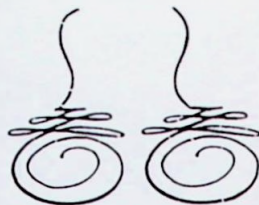
### ASSEMBLY:

Spoon about 2 Tbs., heaping, into the shell. Sprinkle in about 1/4 C. alfalfa sprouts. Top with about 1/4 C. grated cheese and two tomato wedges. Taco sauce may be sprinkled on top the meat or on top the finished taco, or both.

### VARIATION:

Cooked, seasoned, smashed pinto bean sprouts can be used in place of the meat or in combination with the meat.

# SOUPS



## CORN CHOWDER

- 3 C. sprouted sweet corn
- 1½ quarts raw milk, or powdered milk, or reconstituted canned milk
- 3-4 Tbs. butter
- 1½ tsp. honey
- Salt to taste
- 1 C. small cubes cooked ham or cooked bacon pieces
- 1 C. small diced carrots
- 1 small onion, chopped
- 3 Eggs.

In a large Dutch oven fry the bacon or diced ham and onion. Drain off grease. Add corn sprouts, carrots and milk and cook slowly to a boil stirring occasionally. Beat eggs in a bowl and add the butter and honey and beat. Add about 1 C. of the cooking corn mixture to the egg mixture while stirring rapidly. Now slowly add this mixture to the pot while stirring. Cook on low heat until corn and carrots are tender. Approximately 45 minutes. When serving, sprinkle parsley flakes and paprika over the top.

## LENTIL SPROUT SOUP ITALIAN

- 6 C lentil sprouts
- 1 large onion, chopped
- 2 medium carrots, diced
- 2½ C. celery, chopped
- ½ small green pepper, finely chopped
- 1 tsp. crushed oregano leaves
- 3 tsp. salt or to taste
- pepper to taste
- 1 pint canned tomatoes, or three medium fresh tomatoes, skinned and mashed, or 1 can tomatoe sauce (8-oz. size)
- 1½ - 2 C. sliced Italian sausage

In large soup pot place the celery, green pepper, onion and sausage. Add 4 cups hot water. Bring to a boil and then simmer for about 15 minutes. Add the rest of the ingredients and simmer for about one hour.



## CORN SPROUT SOUP

- 2 C. sweet corn sprouts
- 2 medium carrots, diced
- 1 small onion, chopped
- 1 medium green pepper, chopped
- 6 medium mushrooms, sliced
- 1 can mushroom soup
- $\frac{1}{2}$  lb. hamburger, browned
- 3 C. beef bouillon
- Salt and pepper to taste

Brown the hamburger and onions in a frying pan. Drain grease and put the hamburger-onion mixture in a large pot and add the mushroom soup and stir well. Add the beef bouillon slowly while stirring so as not to form lumps. Add all of the other ingredients, season to taste with salt and pepper and simmer for about 1 hour or until the vegetables are tender.

## LENTIL SPROUT SOUP

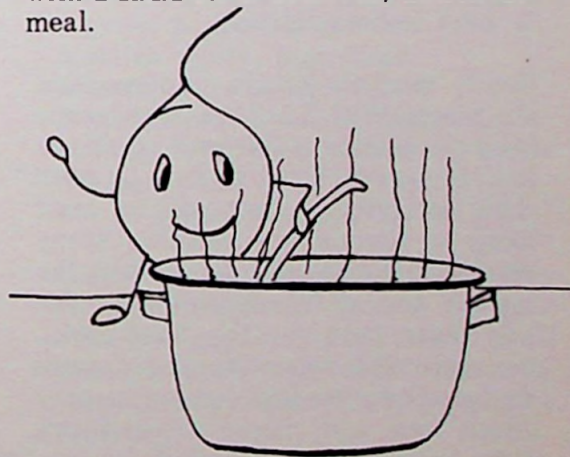
- 3 C. lentil sprouts
- 1 C. diced carrots
- 3 small green onions
- 1 C. small diced ham pieces
- 3 Tbs. butter
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  tsp. pepper

Place all ingredients in large pan and cover with water. Bring to boil and then simmer for 45 minutes. Serve with grilled cheese sandwiches. Soup may also be pureed in blender for a creamy texture.

## TRITICALE SPROUT SOUP

- 3 C. chicken bouillon
- 2 C. Triticale sprouts
- 1 Small carrot, pared and diced
- 3 small green onions, finely chopped
- 4-5 medium fresh mushrooms
- 1 tsp. salt or to taste
- Pepper to taste
- $\frac{1}{4}$  tsp. basil leaves, crushed
- 3 sticks celery, chopped
- 1 C. sprouted soybeans
- $1\frac{1}{2}$  C. cut up pieces of cooked chicken optional

Simmer the vegetables in the bouillon for about 30 minutes with the chicken if used and the seasonings. It is best if the soup is brought to a boil and then simmered; but do not boil for any length of time. Add the sprouts and bring to a boil again. Then allow to simmer for about 30 minutes more or until vegetables are tender. Serve with a salad for a delicious, nutritious meal.



# SALADS



## CHEF'S SPROUT SALAD

- 4 leaves Romaine lettuce
- 4 leaves Red lettuce
- $\frac{1}{4}$  green pepper, sliced thinly lengthwise
- 1 small tomato, wedged
- $\frac{1}{2}$ - $\frac{3}{4}$  C. alfalfa sprouts
- 1 egg, hard boiled and cut into quarters lengthwise
- 2 slices ham, sliced  $\frac{1}{4}$ - $\frac{1}{2}$  inch wide
- 2 slices cheese, sliced lengthwise
- $\frac{1}{4}$  head iceberg lettuce

Gently tear all lettuce into medium size pieces. With 2-3 of the large leaves from the outside of the head of lettuce line the serving bowl. Be sure to wash them carefully as they will be most likely to contain any chemical spray residue that was used. Gently toss the lettuce and alfalfa sprouts together and place them in the lined bowl. Decorate the top with the tomato wedges, egg wedges, green pepper slices, ham and cheese slices. Serve with favorite salad dressing.

## POTATO-SPROUT SALAD

- 4 medium to large potatoes boiled, skinned and cut into small chunks
- 5 eggs, hard-boiled, chop 4 of them into medium-small pieces
- 2 green onions, chopped
- $\frac{1}{2}$ - $\frac{3}{4}$  C. alfalfa sprouts
- $\frac{1}{4}$  C. mayonnaise

In large bowl cut the potatoes. Add the chopped onion and egg pieces and alfalfa sprouts. Add mayonnaise and toss together until well mixed. Salt and pepper and mix again. Slice the remaining egg and arrange on the top. Sprinkle a few alfalfa sprouts over this and lightly dash with paprika. Refrigerate until served.

## WHEAT AND APPLE SALAD

- 2 C. sprouted wheat
- 1 or 2 apples, peeled and course grated
- $\frac{1}{2}$  C. raisins
- $\frac{1}{4}$  C. mayonnaise (more/less)



## SPROUTED BEAN SALAD

- 2 C. cooked sprouted kidney beans
- 2 C. sliced, cooked wax beans
- 2 C. sliced, cooked green beans
- 1 C. cooked sprouted mung beans
- 1 small green pepper, chopped coarsely
- 1 small onion, thin sliced and slices separated

### *Dressing*

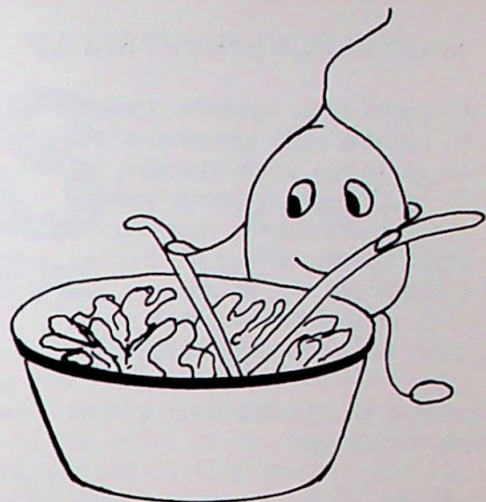
- $\frac{2}{3}$  C. apple cider vinegar
- $\frac{2}{3}$  C. soy oil
- $\frac{2}{3}$  C. + 2 Tbs. honey
- 1 tsp. salt and  $\frac{1}{2}$  tsp. pepper

Mix with beans and sprouts. Is best after has sat in refrigerator for at least 8 hours. Keep refrigerated until serving.

## TOSSED GREEN SPROUT SALAD

- 5-6 leaves red lettuce
- 5-6 leaves Romaine lettuce
- 2 green onions, chopped
- 1 Carrot, shredded
- $\frac{1}{2}$  green pepper, chopped
- $\frac{1}{2}$  cucumber, thinly sliced
- 1-2 C. alfalfa sprouts
- 1 C. cheddar cheese, small cubed

Gently tear the lettuce leaves into medium-size pieces and place in large salad bowl. Add other ingredients and toss gently. Serve with favorite dressing.



## SPROUT SALAD

- 1 C. sprouted kidney beans, cooked and cooled
- $\frac{1}{2}$  C. sprouted garbanzo beans, cooked and cooled
- $\frac{1}{2}$  C. wax beans, cooked and cooled
- 5-6 leaves romaine lettuce
- 1 green pepper, sliced
- 3 stalks celery, thin sliced
- $\frac{1}{2}$  small zucchini, thin sliced
- 1 carrot, pared and shredded
- $\frac{1}{2}$  C. sprouted peas, cooked and cooled
- 5-6 leaves red lettuce
- $1\frac{1}{2}$  C. grated cheddar cheese

Wash lettuce leaves and gently tear into medium-small pieces. Prepare other vegetables and add. Add cheddar cheese and toss to mix well. Serve over greens with your favorite dressing.

## MARVELOUS SPROUT SALAD

- 1 C. pinto bean sprouts, cooked
- 1 C. kidney bean sprouts, cooked
- 1 C. garbanzo bean sprouts, cooked
- 1 C. lentil bean sprouts, cooked
- 1 green bell pepper, coarsely chopped
- 1 small onion, chopped
- 3-4 sticks celery, diced
- 1½ C. cooked brown rice
- 1 4-oz. jar pimentos, chopped

Combine all ingredients in a bowl. Toss with dressing:

- ⅓ C. oil
- ⅓ C. apple cider vinegar
- 1 Tbs. + 1 tsp. honey
- 1 tsp. pepper or more
- 1¼ tsp. salt

Garnish with wedged slices of boiled eggs. This salad is delicious fresh or even after it has sat overnight.

## SPICED BEAN SPROUTS

- 1½ C. sprouted red beans, cooked
- 1 Tbs. salt
- 1 ½ Tbs. Apple cider vinegar
- 2-3 Tbs. vegetable oil
- 3 fresh green onions, finely chopped
- ½ C. thinly sliced green pepper
- ¼ C. finely chopped fresh parsley
- ¼ C. finely chopped fresh coriander

After the bean sprouts have cooked

allow them to cool. Mix all other ingredients together and mix with the sprouts. Pepper to taste. This is best after it has stood in the refrigerator for about 24 hours.

## CURRIED SPROUT SALAD

*Mix together in a salad bowl the following ingredients:*

- 1½ C. sprouted, cooked kidney beans
- 1½ C. sprouted, cooked sweet corn
- ½ C. sprouted, cooked soybeans
- 1 small-medium onion, chopped
- 1 small green pepper, chopped
- 1 small jar pimentos, chopped
- 4 sticks celery, chopped

*In a saucepan, stir the following:*

- 1 Tbs. curry powder
- 1 tsp. celery seed
- 2 tsp. sesame seeds
- 5-6 whole cloves
- ½ C. honey
- 1 C. apple cider vinegar
- 1 tsp. salt
- dash pepper

While stirring, bring to a boil and then simmer 10 minutes, stirring occasionally to prevent scorching. Strain through cheese-cloth or a small gauge strainer. Pour the dressing over the vegetables in the bowl and toss. Chill thoroughly before serving.





# BREADS



## TRITICALE SPROUT BREAD

2 C. chopped triticale sprouts  
(36 hr. sprouts)

*In a small cup or bowl place:*

$\frac{1}{2}$  C. warm water  
 $2\frac{1}{2}$  Tbs. dry yeast

Set mixture aside in a warm place to work.

In your mixing bowl place  $3\frac{1}{3}$  C. very warm water and  $5\frac{1}{4}$  C. whole wheat flour. Add  $\frac{1}{2}$  C. honey or molasses,  $\frac{1}{2}$  C. oil and  $1\frac{1}{2}$  T. salt and mix well. When yeast mixture has begun to bubble and float to the top add this to the dough. Gradually add 2 Cups triticale flour,  $\frac{3}{4}$  C. powdered milk (non-instant) and enough whole wheat flour to make a stiff dough. If you are using a bread kneading machine, allow the machine to knead the dough on low for about 10 minutes adding the triticale sprouts the last couple of minutes of mixing, just so they get mixed in. If you are doing it by hand use your mix-master up to the point

that you start adding flour at the last. Then you will have to stir with a large wooden spoon. And finally work the last of the flour in on the kneading board. Knead in this manner for 15 minutes. Remember, successful whole wheat or triticale bread is in developing the gluten and that means lots of kneading. Place in a large greased bowl, cover and allow to rise in a warm place away from drafts for about 1 hour or until double in bulk. Punch down and allow to rest for 5 minutes. Shape into loaves on a well greased surface and place in greased pans. Allow to rise in warm place until double in bulk. Bake at  $350^{\circ}$  for 40 minutes for medium-sized pans. Turn out onto a wire rack to cool. If you are using the electric bread kneading machine then turn the dough out on a well greased surface and shape into loaves. Place in well greased pans and allow to raise until double in bulk in a warm place. Bake as with other method. The secret of shaping the loaves is to keep the counter work area and hands well greased. Oil is not as effective as shortening.

## TRITICALE-WHEAT SPROUT BREAD

3 eggs, beaten  
 $\frac{2}{3}$  C. honey  
 $\frac{2}{3}$  C. butter, melted  
2½ Tbs. yeast  
 $\frac{1}{2}$  C. warm water  
2 Tbs. salt  
5 C. very warm milk  
5 C. triticale flour  
2 C. wheat sprout powder  
5-6 C. whole wheat flour

In a small cup place the warm water, yeast and 1 tablespoon of the honey. Allow to work until bubbly. Meanwhile in the bread mixer bowl place the milk, honey, butter, salt, beaten eggs and the triticale flour. Mix well and add the wheat sprout powder. Mix well. When yeast mixture is ready, add enough whole wheat flour to make a firm, stiff yet sticky dough. Allow to knead for 10 minutes. Allow to rise until double in bulk in the mixer bowl, covered and placed in a warm place. Beat down and turn out onto well greased surface. With hands well greased shape into loaves and place in pans, 8-9 very small, 5-6 medium and 3-4 large pans. Allow to rise until double in bulk and bake at 350° for 30 minutes for small pans, 35 minutes for medium pans, and 45 minutes for large pans. Turn out on wire racks and allow to cool before slicing.

## SPROUTED WHEAT BREAD

Place 5 cups of wheat in a bowl and cover with water. Allow to soak 24 hours. Save the left over water from the soaked wheat, if any. Put the sprouted wheat through a meat grinder twice. To the soaking water that has been saved add enough warm water to make 1½ C. of water and add to the ground sprouts.

In a small measuring cup or bowl place ½ C. fairly warm water, 1½ Tbs. dry yeast, and 1 Tbs. honey. When the mixture starts to bubble or foam, add to the sprouts. Add  $\frac{2}{3}$  C. honey,  $\frac{1}{3}$  C. oil and 1 Tbs. salt. Add 2 C. unbleached flour and mix. Add whole wheat flour needed to make a good workable dough but still sticky. Place the dough into a greased bowl and place the bowl in a sink of very warm water. Allow to rise until double in bulk. Scrape out onto a well greased surface and divide into four parts. Shape into loaves. Now the dough will be a little sticky to work with. Place the loaves into well greased bread pans. Grease the top of the loaves and allow to rise until almost double in bulk. Bake at 350° for 55 minutes. Remove from pans and place on wire rack to cool. Butter the crust to keep it from becoming hard. Cover with a towel and allow to cool almost completely before slicing.



## SPROUT PANCAKES

Separate 4-5 eggs and beat egg whites until stiff. Meanwhile, in a large bowl place 1½ C. whole wheat flour to which 2-3 tsp. baking soda and 1 tsp. baking powder has been added. Add 1⅓ C. sour milk, or preferably buttermilk, and ⅓ C. honey and beat well. Add ½ C. melted butter and ½ tsp. salt and ½ C wheat or triticale sprouts that have been well chopped. Fold in beaten egg whites and spoon onto hot, greased pancake griddle or into waffle iron. For pancakes cook until many bubbles form and start to break on the surface of the pancake then turn and cook.

## SPROUT MUFFINS

¼ C. raw sugar  
¼ C. butter  
¾ tsp. salt  
4 tsp. baking powder  
1 extra large egg or two small  
¾ C. + 3 Tbs. milk  
1½ C. whole wheat flour  
½ C. wheat sprout powder

Cream sugar and butter together. Add egg(s). Mix well. Sift dry ingredients together and add to sugar mixture alternately with the milk. Mix until just blended. Do not overmix. Spoon into well greased muffin cups about ¾ full. Bake at 375° for about 15 minutes

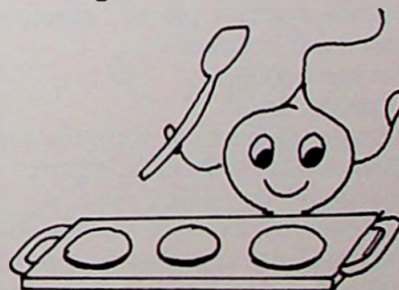
or until done.

By adding one more egg yolk and reserving the egg whites until last, beating them until stiff, and folding them into the batter, you will have pancake batter.

## BRAN-SPROUT MUFFIN

1 C. whole wheat flour  
1 C. bran  
½ C. chopped wheat or triticale sprouts  
4 tsp. baking powder  
½ tsp. salt  
½ C. honey or raw sugar  
1 C. milk  
⅓ C. oil  
2 eggs, beaten

Mix well and bake in greased muffin tins at 425° for about 15 minutes. Yield: about 18. Watch carefully while they are baking as products that are made with honey have a tendency to brown more quickly than those made with sugar.



# SWEETS

## TRITICALE SPROUT BALLS

- 1½ C. sprouts (36 hour sprouts),  
chopped
- 1½ C. chopped nut meats
- ½ C. sesame seeds
- ¾ C. raisins, chopped
- ¾ C. dates, chopped
- 1 Tbs. + 2 tsp. honey
- 1½ - 2 C. shredded coconut

Mix all ingredients together except the coconut and form in balls. Roll the balls in the coconut.

## TRITICALE DESSERT

- 2 C. triticale sprouts (36 hr. sprouts)
- ½ C. shredded coconut
- ¼ C. chopped dates
- ½ C. chopped nuts  
(A mixture of pecans, walnuts and cashews is very tasty.)
- 4-5 Tbs. honey

Mix all ingredients together in a bowl. Fresh, sliced strawberries, peaches,

apricots, or even raspberries can be added to this to make a delicious, nutritious dessert.

## GRAHAM-BRAN-SPROUT CRACKERS

- 2 eggs, beaten
- 1 C. honey
- ½ C. raw sugar
- 2 tsp. vanilla
- 2 tsp. apple cider vinegar
- 1½ C. canned milk
- 1 C. cooking oil
- 1 C. bran
- ½ C. finely chopped wheat or  
triticale sprouts
- 5 C. whole wheat flour
- 1 tsp. salt
- 1 tsp. soda

Mix canned milk with vinegar and allow 2-3 minutes for milk to sour. Add eggs, honey, sugar and vanilla and mix well. Add oil and mix well. Add remaining ingredients and enough flour to make a dough. Mix thoroughly and then place on a floured surface and



divide into four parts. Roll one out about  $\frac{1}{4}$  inch thick and place on a greased and floured cookie sheet. If you roll it so that it has the shape of the cookie sheet it's best. Do the same with the three remaining pieces and bake at  $375^{\circ}$  for 20 minutes or until done. Immediately after removing from the oven, cut the crackers into squares. Cool and serve or store.

### RAISIN-SPROUT COOKIES

$1\frac{1}{2}$  C. margarine  
 $2\frac{1}{2}$  C. honey  
 $\frac{3}{4}$  tsp. salt  
4 eggs  
 $1\frac{3}{4}$  C. water  
2 C. raisins  
 $1\frac{1}{2}$  tsp. soda  
1 C. chopped wheat sprouts  
6 C. whole wheat flour  
 $\frac{1}{2}$  tsp. nutmeg  
2 tsp. pumpkin pie spice  
 $\frac{1}{2}$  tsp. mace  
 $1\frac{1}{2}$  C. chopped nut meats

Boil raisins and water together for about five minutes. Remove and add the soda and stir.

Cream margarine and honey together. Add salt and eggs. Mix well.

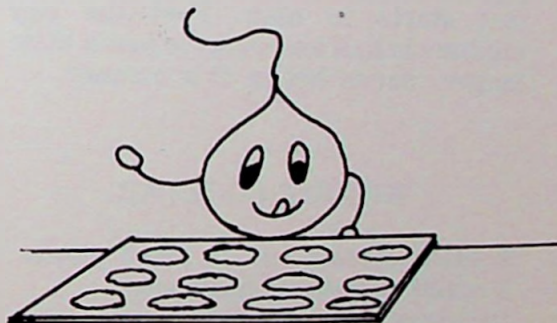
Add dry ingredients to the egg mixture alternately with the raisins.

Mix well and add nuts and chopped sprouts. Drop from teaspoon onto a well greased cookie sheet and bake for about 15 minutes at  $375^{\circ}$ , or until done. They will be delicious, chewy cookies.

### WHEAT PUDDING

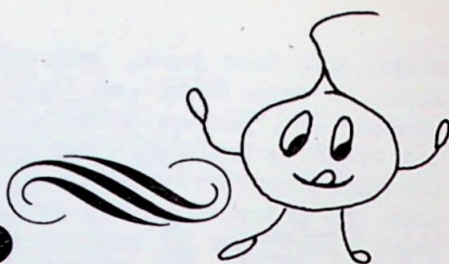
3 C. sprouted, dried, cracked wheat  
 $2\frac{1}{2}$  C. canned milk  
 $2\frac{1}{2}$  C. water  
 $1\frac{1}{2}$  C. whole milk  
 $\frac{2}{3}$  C. honey  
 $\frac{1}{2}$  tsp. salt  
 $\frac{3}{4}$  C. seedless raisins  
1 tsp. vanilla

Stir all ingredients together in a baking dish. Cover and bake for about 45 minutes at  $325^{\circ}$ . Uncover and continue baking for another 45 minutes or so, or until browned. It should be stirred a couple of times during baking but not during the last 30 minutes or so. Serve hot with ice cream or whipped cream over.





# MISC.



## EGG-SPROUT OMELET

2 eggs  
1½ Tbs. milk  
sprinkle salt  
dash of pepper  
¼ C. grated cheese  
scant ¼ C. alfalfa sprouts

Beat the eggs and milk together. Add the seasonings and sprouts and mix well. Pour into heated frying pan or omelet pan that has been well greased. Cover the pan and cook on medium-low heat until the mixture thickens. Sprinkle the grated cheese over the eggs and allow to cook until the cheese just starts to melt. Fold the egg mixture in half and cook for just a little longer. Serve hot in this manner.

## SPROUT COCKTAIL

2 small carrots, cut in small pieces  
2 small tomatoes, quartered  
½ green pepper, sliced  
2 C. alfalfa sprouts  
¼ C. radish sprouts

Place all in blender and puree adding water if needed to make a drink. Salt and pepper to taste.

## SPROUT POWDER

Set sprouts on a cookie sheet one kernel thick and allow to dry out in a warm room away from insects. Place the dried sprouts in a blender and blend to a powder. This powder can be substituted in recipes equal parts for flour. It stores well in cool, dry place.

## SCRAMBLED EGGS WITH SPROUTS

4 eggs  
3 Tbs. milk  
¼ C. alfalfa sprouts  
dash of pepper  
¼ tsp. salt or less

Beat the eggs and milk together. Add other ingredients and stir. Pour into a heated, well greased frying pan and cook while stirring. Cook until the egg is firm and not liquid anymore.



## *YOUR RECIPES*

*YOUR RECIPES*

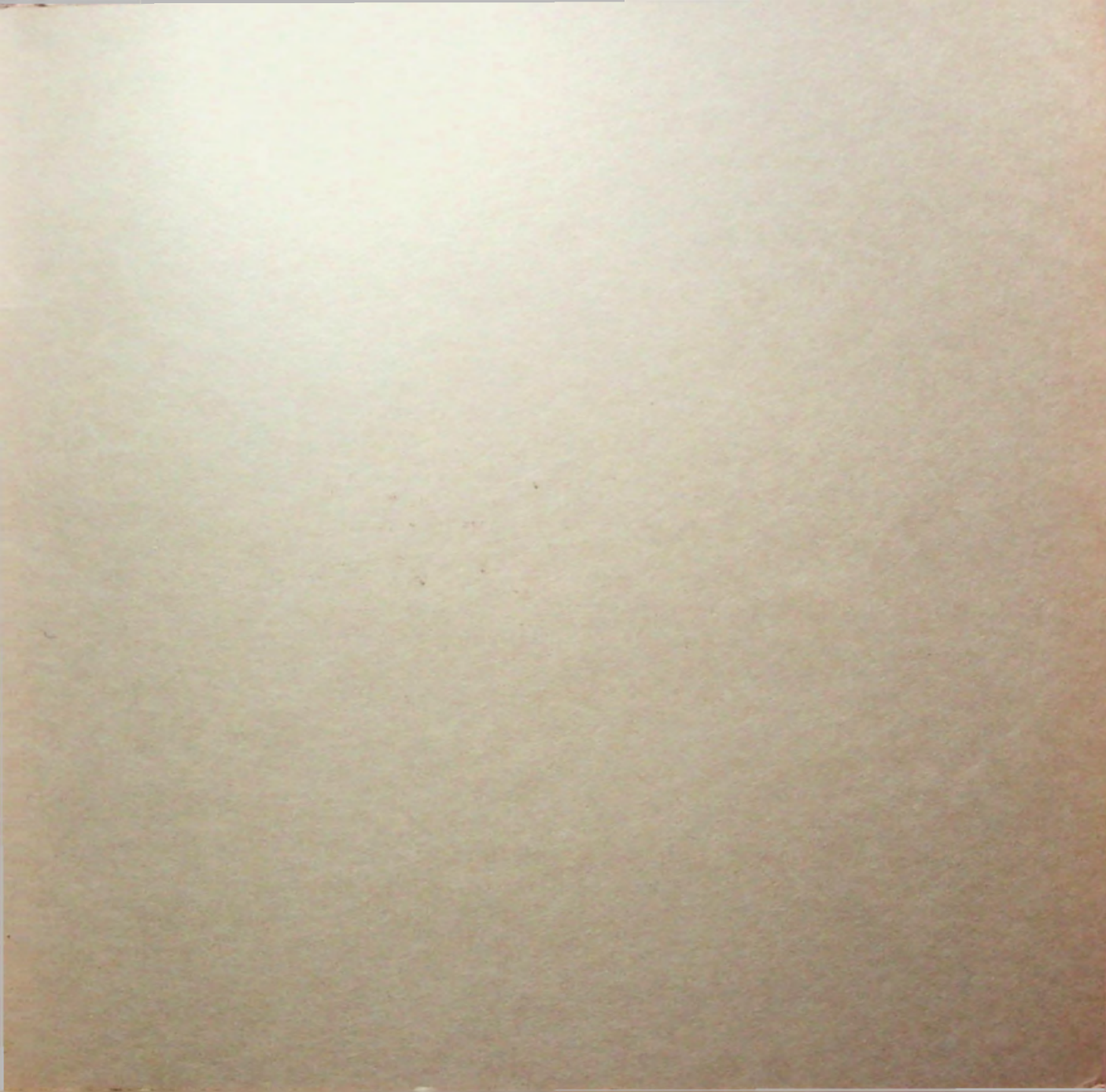


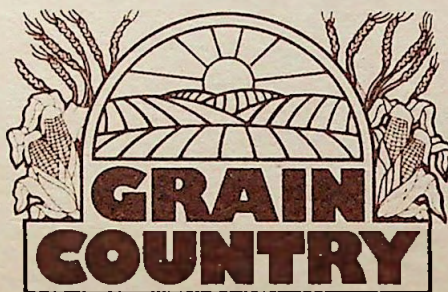
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